

Now deep thoughts ... with Conestoga College

Random questions answered by random students
If you could bring back any TV show
from your childhood,
what would it be?



"Family"

Anyssa Van Bék,
19th year
OIA/PFA

"The 60 Gh game show"

**Brend
Tweeddale,**
16th year
electrical engineering



"The Simpsons"

Michael Shihor,
1st year
TV student

"Sailor Moon"

Brian McElbark,
16th year
OIA/PFA



"Arthur"

Sarahah White,
1st year
early childhood education

"Saved by the Bell"

**Shawana
Brownlee,**
1st year
Phototech



By SARAHARA BROWNLEE

A former Conestoga student has taken the small screen by storm. Cassa Humphries for one. Involvement student cannot host of the *Light Rock* television show on CJOQ and feature writer for *Eds magazine*. She has just added one more major accomplishment to her growing list. Her show, *I Am Alone*, debuted on August 11 on March 11.

The show will air on cable 10 Fridays at 4 p.m. and Mondays at 4:30 p.m. In every episode, Humphries will go backstage with local artists to see what makes them tick, what their process and profile are, and most importantly what goes into the music.

"It goes into the backyard of the local music community," said Humphries. "There's just so much talent that lives at the tri-city area."

The show was a venture of IRIE Entertainment, a production, management, and marketing company owned by Humphries. She mentioned there was a gap in the market where local artists may not connect and she wanted to fill it with something they could reach the whole community.

"We want it to reach every one from the grassroots who wants to know what the generation has to say right now."



PHOTO COURTESY

Cassa Humphries, host of *Light Rock* television on CJOQ. Eds writer and former Conestoga student, has a new show on August 11 called *I Am Alone* where she goes to the back of the music community to see what makes them tick. She said, "There's really excited about the new opportunity IRIE has offered us. We feel really blessed by where IRIE has gone and we couldn't be more grateful."

The most important thing to Humphries in making sure local artists can get the recognition they deserve, she wants to make sure their music is heard and accessible by all.

"It's such a wonderful experience seeing these people in their beginning stages," she said.

Humphries has had no

problem finding bands to do the show. Her entertainment background has provided her with lots of connections, and he said he's been approaching her because they want to be a part of the new show.

Everytime Humphries does an interview on an interview of IRIE Entertainment she learned the company, in July 2008 with fellow radio host Todd Shindler and started hosting the *Light Rock* television show on CJOQ.

"All of these things are new opportunities for me to be in the market," she said. And, of course, that includes her work for Eds.

"I get what it's like to be a musician, to make just one move, and it's surprisingly hard to be in it," she said. Her home life is filled with music, where she was expanded by her music-loving family. She met her fiancé at a show she was promoting. She was a model for her brother's band and her job was starting to mean how to play the piano, musical instrument and have guitar.

Even in her childhood, Humphries is never far from her parents. She and her friends have to go to live there.

"What I love about the music community in our town is that people are out there to help themselves," she said.



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LAST-DITCH EFFORT



Watch video, raise money for World Vision

By KATHRYN SCHWARTZ
Staff Writer

On March 11, a 10-minute video depicts and narrates children's lives in Japan. While cars, buildings and ships were heard (and viewed) like usual toys, many people watched from around the world wondering what they could do to help. For those looking to donate to Japan, or any other global cause, there is now a simple way to do so.

Daniel Smiderle, an international business professor at Davenport College, has created and produced a music video for World Vision. The song featured in the video, entitled *Shiny Day*, was written by Smiderle, and has been uploaded to YouTube. Smiderle has the support of 10 friends, family members and neighbors, who are willing to donate one penny per view to World Vision.

"World Vision does amazing work," said Smiderle. "They give hope to children and it is also that don't have any. They make amazing jobs. I hope that watching this video doesn't just

pick up and makes them realize not to worry about the little things in life. I want it to send a positive message."

The goal is to raise \$1,000 for World Vision. Viewers can also click on the link posted below the video and choose a cause to donate to themselves. According to World Vision's website, www.worldvision.org, the charity is helping with and donating funds to leukemia relief, the eradication of HIV and much more. To access the video, viewers can simply go to YouTube and type "Shiny Day by Danny Smiderle" in the search bar.

With the help of an editing crew and volunteers from his community in Chicago, Smiderle was able to bring his vision to life. "I think the video turned out really amazing," he said. "So many people donated their time and help to make this happen."

Smiderle plans to promote it through social networking websites such as Facebook and Twitter. He encourages people to watch the video in hopes that his goal can be reached as quickly as possible.



Coins are Smiderle's soundtrack.

Smiderle plans to donate any money per view of Smiderle's *Shiny Day* music video. He is encouraging students at Davenport College to get on their computers and watch the video and support World Vision. If 8,000 students watch it 10 times, Smiderle will have raised \$800, and will be halfway to meeting his goal.

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DAVENPORT
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A super card a super idea

By ADAMIAH NABONG

In this day and age, it is rare to find people who carry cash, and, really, why would they? Debit and credit cards, gift cards and loyalty cards are everywhere and are available for almost everything.

The University of Waterloo and Wilfrid Laurier University even combine the two into gift card and student ID (also a super card), allowing us to access to books and travel with just one card.

Conestoga students, however, do not have super cards, instead carrying at least three cards in order to do almost the same thing. We think things should be simpler. We are asking the college to make available one card that could be used at Tim Hortons, The Bookstore and the cafeteria and on a bus pass. It would be great if it could be used at vending machines as well.

Students who drive could get out of the line to go to pay more, much like those who choose not to travel in Conestoga Buses. In fact, students' bus cards can do two different things for the students: cards could allow travel officials to recognize students who had applied out and out, but if a Conestoga student would no longer be a part of university, students.

Conestoga was recently recognized for "playing with the big boys" when not only being the first college to compete in the Student Design division of the Ontario Engineering Competition, but also taking home first prize. The team that took second in the national competition. If we are competing against them, shouldn't we be seen and like them?

We believe that cards are not just a piece of plastic with a number on it, but a piece of plastic that can do more than just a number.

What college students do not want is the same paper card as they do at university, it can be frustrating. Sometimes, when that card is not working, we want to help their family member through school – and not just buy a new card, but to be able to help them. A student card could solve all their worries and having the bus pass would save the hassle of those who tend to be a bit frustrated or stressed-out.

If Conestoga College is considered a "big boy," it's about time to lose the traveling wheels and let us ride – with only one card, like the "big boys" at the universities do.

The above letter represents the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for clarification. No unsigned letters will be published. Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication. Address envelopes direct to The Spoke, Spoke, 330 Dean Valley Dr., Room 1208, Kitchener, Ont., N2G 4M4.



University student cards double as bus passes. So why can't ours?

Rambling emails have U of W students concerned

For the past few months, the students at the University of Waterloo have been living under the shadow of a number of rambling emails of a distinctly misogynistic nature.

The email, which has been sent from an anonymous Gmail account, is said to be the work of a male post-graduate student on Facebook and the person which covered the campaign posters of female candidates for the school's Parliament of Students in February.

The anonymous postings have raised concern at the university. Students are concerned about the potential for violence.

The latest round of attacks have been focused on the potential for nuclear disaster in Japan, by claiming that Marie Curie (the mother of nuclear medicine) is responsible for every nuclear disaster that has ever taken place in the world. So not only have they been attacking women, but they have been attacking what is a major part of the world's history.



Paul Irvine
Opinion

has been hit with an recent wave.

Earlier postings also claimed that since Marie Curie supposedly is responsible for things like Chernobyl and Three Mile Island, women the world over are unfit to hold any position of power.

I believe, and I heavily think I am alone in this, that the rambling attacks from this anonymous account are definitely to gether any woman amongst the general population.

However, the students at the University of Waterloo still shouldn't have to live in fear.

Thus is why I believe the Conestoga Campaign can be Conestoga College is so important. While I would hope that the basic message

is already apparent to most of us, it's inevitable that there will always be people who, for one reason or another, hold entirely twisted views on gender issues. The most of the two needs apply to others, as well as to society, such as sexual orientation, beliefs, or even.

It's so important to recognize and respect each other for our differences. Remember that when you are discriminated, treated as a group, you are indirectly threatening the ability and well-being of every other unacceptable group in our society. If you don't believe it is, then the rambling attacks on this group might, and get the help to be able to function, in society without having others.

I stand by the students of the University of Waterloo and wish them well as they deal with the power in their midst.

After all, it's important to remember that the world you have one of us, you have all of us.

SPOKE

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Fair connects students with employers



PHOTO BY UNIVERSITY STUDENTS

Murdoch Gordon (left to right), Fiona Perreault, Suzanne Poulsen, Alison Aksh, Sandra Baker, and Thelma Perreault were among some of the attendees at the Careers in Health Information and a health event on March 21.

By 2004, 60% more

The First regional Careers in Health Information and a health event was held at the Confederation Place on March 21 to inform students of the career options in health information, eHealth and Health IT.

The event was organized by student representatives from the University of Waterloo health information club, the Ontario College health information student group and the national student union the health information.

The main purpose was to provide employment information to students working together to set up opportunities in the emerging fields of health information, which refers to "the discipline that explores how information, information management and information technology can support and advance health and the health system."

The event brings together students with skills in health information with companies and organizations that might be interested in employing them in the future after graduation.

I hope students learned about the current and growing field of health information and will understand the importance of extra-curricular activities to a student's life," said president of the UWH health information club Thelma Perreault.

"We have set up 24 different booths for each participating company and two for career services from UW and Conestoga College. We also have three booths for UWIC, Conestoga College's health information program and HIF (Health Information Forum)," said Perreault.

Health care agencies, health-care organizations and hospitals attended such as Apple Healthcare, Canadian Digital Media Network, CCL, CHIMA, Chert, Outlook, COACH, Health Ontario, Horizon, Grand River, Conestoga, Midwest, HCL Health, Karm, Health London Health Services, Midland, Med, OntarioMD and RL Software.

Future show that currently institutions in Ontario produce only 100 to 200 graduates in these fields a year, while an estimated 12,000 health information graduates are needed in the next two years to satisfy the demand for information science health-care system.

"I think the industry clearly displays a significant move-

ment needs to be made on the post-secondary education level to satisfy the demand for health information professionals. I have noticed more health information positions popping up across Canada, but there still is a lot more to be done," said Perreault.

The event began with an introductory session from guest speakers, Kevin Tuck, managing director, Canadian digital media network, Dan Davidson, director, eHealth and regional health information health, and the keynote speaker Scott Brown, senior writer and columnist who was sponsored by the dean of health and life sciences and community services, Markus Kowalski.

"During these events, students have the opportunity to expand their knowledge. Students traditionally learn in classes but with these events, it provides an important supplementary system of knowledge," said Perreault.

The speakers gave a short presentation on their experience in health information, eHealth or Health IT. They also gave advice about what they enjoyed and how working in health and what advice they are looking for in potential new employees.

"Students will learn about the opportunities that exist in the industry and will gain advice and learn about the experience of recent graduates," said student ambassador Alison Aksh.

Students from many Ontario institutions had the opportunity to speak to participating employers representing various information technology and cultural environments.

"The students learned about current knowledge and network with industry leaders. Above all, the students gained a number of the event to apply the knowledge they gained in classes and understand how it applies in the real world," said Perreault.

"The event was a success, there were many and we had an excellent turnout. We received absolutely positive feedback from all event sponsors and participants. I was pleased to work with students from UW and the National Student Forum for Health Information in the region. In fact, I hope to organize more events like this with the interdisciplinary team. We create like (UW) which makes us realize the real potential of student leadership," said Aksh, event organizer for the event and student ambassador for Conestoga.

Be the difference. RESPECT WEEK

Monday March 24th to
Friday April 1st

SMILE DAY

Monday

Just a smile can have an impact.
Go forth with the Respect Student Committee
because a smile can make a difference!

WALK A MILE DAY

Tuesday

What's it like being in the shoes of someone different from you?
Learn about some of the experiences and challenges
of other Conestoga students from the perspective of our Respect Poster!

DIFFERENCES DAY

Wednesday

Celebrate the differences in respect between cultures!
taught by the English Language Studies Level 1 program
celebrate what respect looks like in different cultures!

POSITIVE DAY

Thursday

How can you brighten someone's day with a positive act?
Get some ideas of positive acts of kindness you can perform for
your friends, classmates and teachers to show how much you appreciate them!

GAMES DAY

Friday

It's April Fools! Come play with us!
Play the interactive Respect games in the Lower Atrium
and explore the importance of respect!

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Love and Other Drugs may cause tears

BY VICTORIA STRAUSS

Love can be a tough pill to swallow. The film *Love and Other Drugs*, which recently came out on DVD, makes you cry a whole lot that pill and serves a bitter-sweet tale of two unlikely lovers, a romance which has often been overdone time and time again, as recounted.

The swarthy playboy James Randall (played by Jake Gyllenhaal) becomes a salesman for drug giant Pfizer. He can get his hands on any doctor's scrib and any woman (and boy) that is, until he meets Maggie Marlock (Anne Hathaway).

a patient with a snappy and endearing attitude. Of course, James tries every attempt to make Maggie melt, but she takes hold of the reins of their would-be relationship.

The big twist of fate that threatens to pull the two apart isn't another lover or any other loved-in-moment romantic comedies. Maggie is suffering from stage one Parkinson's. That, and she has a fear of commitment.

The two have an on-again-off-again relationship (mostly set in the bedroom) and eventually come to the conclusion that regardless of Maggie's disease, James

Movie Review



loves her. He needs her as much as she needs him. One medical and quick the romance.

While the film starts out like all typical love stories, it becomes heavy-handed and predictable. Two people who both had trouble connecting find love in one another. Women desire attention, men change his ways, the

two fall in love and every thing is perfect again. All the while he helps her through her illness, which is gradually depicted throughout the movie and shows her she can live her life regardless. And that's all there every step of the way.

And the message? Relationships are all about dependency. Is this really a great theme to end on?

The film certainly does have its better moments, though. In fact, the film is not around the same time the movie *Julie & Virginia* has its run to fame. James then becomes the popular publisher

of the drug every man hates after, further boosting his already sagging ego.

The only other quality that makes this film bearable is the content of the story by both lead actors. Gyllenhaal and Hathaway are both good actors. Gyllenhaal can drag their boyfriends to the check book, and both can find enjoyment in Hathaway and Gyllenhaal's steamy love scenes.

Though the movie caused a few chuckles, *Love and Other Drugs* couldn't help get their thumbs ready for the tear-jerking moments.

I give this film a cut of 5 stars. It certainly has its high moments, but I'd rather be isolated.

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Jake GYLLENHAAL

LOVE & OTHER DRUGS

Anne HATHAWAY

Available on DVD and Blu-ray

Two lovers: Maggie Marlock (Anne Hathaway) and James Randall (Jake Gyllenhaal) undergo a whirlwind romance in *Love and Other Drugs*. Marlock suffers from early onset Parkinson's disease and Randall is a self-centered Viagra salesman. Together, they must learn to understand the difference between loving and taking care of each other. The movie is now available to purchase on DVD and Blu-ray.

Build a better body with CrossFit

By KATHARINE BENDIS

While many of us are stuck in a rut about getting in shape, for the moment, a lot of us are wondering where will recovery the support and get the most value.

But CrossFit offers a solution, and it's right here in the city.

"First and foremost we are a community, that's more in a family," said Arthur Montemore, a trainer at CrossFit Kitchener. "In no other sport/training system do you get the leaders share for the ones that finish last."

CrossFit is a strength and conditioning program designed to maximize the efficiency and use of weights under other pieces of equipment which would likely only create one specific, simple movement as outlined by Greg Glassman, CrossFit, which is recognized world-wide as an effective, comprehensive full body workout, came to Kitchener just shy of two years ago. Though it may not require the use of many types of weights or machines, it does include a number of unique objects – ranging from bumper plates, tires, ropes and gymnastic bars – to make working out a more exciting experience.

A lot of us trainers all took the CrossFit course together and found out we all lived within the Kitchener region, and (and) wanted to have a place that we could actually do CrossFit. In terms of it, and not realize to do that stuff in a regular gym," said Dave Brinkley, a member trainer at CrossFit Kitchener.

According to Brinkley, people who use CrossFit as a way of getting in shape are usual-



Long haired athlete demonstrates a variety of exercises at CrossFit's Kitchener location. These "functional movements" require very little use of weights and are used to train the body as a whole.

ly more interested in fitness as opposed to how they look physically.

They would do well in any fitness competition that required a broad range of movements and exercises, such as triathlons, he said. "The idea is that the people are the athletes. They are the competitors."

But according to Montemore, members are not other people's strength or talent and they compete with each other. He said that is why they are competing with their own, "not," and Montemore, adding that the workouts that do come up on a more frequent basis are what CrossFit calls its benchmark workouts.

CrossFit incorporates very old training groups into its program, some of which are anaerobic, aerobic, and gymnastic, emphasizing and gymnastics.

In the anaerobic group, exercises such as sprinting, rowing and skipping are favored as "functional" tasks to include Olympic weightlifting, rowing and other types of lifting exercises, like deadlifts and medicine balls. Finally, gymnastics includes exercises such as push ups, sit-ups, handstands and pull ups.

"That's the workout change everyday, so you might never see the workout again," said Montemore, adding that the workouts that do come up on a more frequent basis are what CrossFit calls its benchmark workouts.

According to Montemore, these more frequent workouts are typically against a



Photo by KATHARINE BENDIS

clock so that programs can be tracked without disruption.

CrossFit Kitchener, which recognizes the importance of encouraging appealing exercises, offers exercises that would not only be used to create athletes but also to people who are already bodybuilding in the various muscles.

"We tend to train a lot more aerobic in terms, sta-

tion and generally in open air conditions," said Montemore.

Individuals who are interested in training at CrossFit Kitchener can book a free consultation with one of the CrossFit coaches by contacting Dave Brinkley at 519-884-7867 or 519-884-7867. More information on rates and schedule can be found at www.crossfitchc.com.

COUNSELLOR'S CORNER: SELF-ESTEEM

Talking about self-esteem, people use phrases like "She has high self-esteem" or "He has low self-esteem." We all have strengths and weaknesses and our attitude toward these affects our self-esteem. Research is how low self-esteem varies from "I don't do well on this test" to "I'm stupid."

How do you regard your relationship skills, personality, job and school performance, body weight or sexuality all impact on your self-esteem. This influences how you view opportunities and limitations. For example, do you avoid social situations fearing others won't like you? Do you avoid new experiences because you anticipate failure?

You can grow in self-esteem by developing confidence and strengths from within. Self-esteem doesn't change overnight. It builds slowly by taking care of yourself, developing support and intimacy, setting realistic goals and achieving positive results. The objective is to accept yourself and acknowledge your value as a human being.

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This addiction is insidious

By ADDICTION

"I remember, several years ago, I went out on a computer 'cruze,'" said John. "I didn't get back for 36 hours, and I didn't bring back what I went out for. I told my wife I'd gone for a long walk and just sat on the edge of the river. That's how she accepted it, but I'm pretty sure she didn't believe me."

The 16-hour cruise is not about a job cruise or an absolute blackout. Why talking about computer addiction, a growing but largely unrecognized problem. The quote is from a real person. He admits that his name can be revealed for personal reasons. John is a pseudonym.

"I went to Cummings College," said John "where I knew I could get the use of a computer for free. I had a new surge I wanted to try out."

Dr. Mariana Green is a licensed clinical psychologist at McLaren Hospital in Flint, Michigan, and the founder and co-ordinator of the Computer Addiction Service at the hospital. She originally treated drug addiction, and became aware of her own problems with computer usage. She thinks it is now, however, a common problem, even in the only addiction center in North America that specifically deals with this problem exclusively.

According to the CAA web site "Addiction is the computer user's interest in a computer problem which is developing due to the rapid growth of computer use around the world. Computer addiction, like other addictions, is the use of computers in order to change an individual's mood. Computer use



becomes severe when it interferes with work or school, or disrupts personal and family relationships, and becomes increasingly more risky in order to feel good."

"I loved the game," said John. "I played as far as hours straight. I didn't go to the bathroom and I was in pain. I didn't eat or drink anything the whole time. At the end, when I finally got up and walked away from the computer, I was weak and dizzy."

"These symptoms could indicate a condition called computer addiction. Internet addiction disorder or cyber addiction," says Dr. Green's website. "It is a problem very similar to pathological gambling or compulsive shopping."

John continued "While I

was playing, I kept telling myself that I would stop any time. I knew I shouldn't be spending all that time on this, and that my wife would be wondering where I was, but I couldn't quite come to the point of breaking away."

"This is a problem that is becoming increasingly prevalent these days."

"Clinical Psychiatric News reports increasing complaints related to computer use," says Dr. Green's website. "At many colleges and universities, thousands and dozens of students report symptoms in inappropriate and excessive computer use associated with such symptoms, student failures and academic dropouts. Lawyers find that computer computer use can be a major factor in divorce."

"We are currently not prepared to deal with the side effects caused by gaming and internet," said Randy Smith, owner and therapist at Allegiance Consultants Inc., "and that in the very near future we will start to see cyber therapy very dramatically in our society."

Allegiance is the only website in Michigan, Michigan that claims it specifically treats computer addiction.

The problem is best most easily identified in China, where they are starting hard to move ahead in the modern world of technology. The China Internet Information Center has issued a report on it. They claim that approximately 10 percent of Chinese adolescents have "Internet addiction disorder."

Some scientists have just even further. In 2004, "Hong Kong launched its own public service campaign," reported Lee Goldman, staff writer for Forbes magazine. The deputy government chief information officer warned that 40 percent of his city's youth were addicts."

Others take it seriously enough to try to make money from the phenomenon. The Sports Illustrated website company offers online to let you share computer use. It says "get your computer use in check up to 10 new tips on how to get your children to use it if they are addicted to computers."

All this may be going overboard, but it does show the problem is being recognized. In North America the problem

is hardly even acknowledged. There are currently only three centers in the United States that deal with the problem, and only the CAA deals with it exclusively. There is one addiction treatment center in British Columbia that offers to treat computer addiction, but when contacted they admitted that they had not admitted any yet.

Part of the problem involved in determining the exact dimensions of the problem is the generally pervasive use and acceptance of computer use in today's society. If you don't have a least one computer in your house, you're behind the times. Almost every desk in every office has a computer screen growing from the upper margin. You can carry your computer with you and don't even need to plug it into anything. Social interaction is in cyberspace, and even the highly popular portable cell phone is coming into portable communication. "People have come to believe that you can't have fun in this modern society without a computer. Much like an eating disorder, you can't leave computer use by cutting it all completely."

When I started looking into the above four months ago, an idea finally struck that this treated computer addiction. Earlier they suggested I call someone else or they just didn't return my calls.

"It's not being admitted to and there's a reason for the U," said Smith of Allegiance Consultants Inc.

SYMPTOMS OF COMPUTER ADDICTION

The Computer Addiction Service website identifies symptoms specific to computer addiction:

- Having a sense of well-being or euphoria while at the computer.
- Inability to stop computer activities.
- Spending more and more time at the computer.
- Neglect of family and friends.
- Feeling empty, depressed, irritable when not at the computer.
- Lying to employees and family about activities.
- Problems with school or job.

The Diagnostic and Statistical Manual of Mental Disorders does not include any of the above definitions of computer addiction as a mental problem. Neither the American Medical Association nor American Psychiatric Association list computer addiction as a valid diagnosis.

The currently accepted stance of the APA is that computer usage is not truly an addiction, but actually a compulsive behavior linked to an underlying condition in their minds, the compulsive computer user is no different from your average TV couch potato.

• Personal

He smiled — but did not quite smile outright — that there are too many huge computer companies today that have a vested interest in keeping problems with computer education quiet. He thinks that no one today can depend on their dependence on computers.

Just as an example, Microsoft is cited as the second wealthiest company in the U.S. Apple is the fourth.

Can we get along without our computers, Smith asked, or have we just been misled by the billions that are sold?

"We have machines set up a problem saying that if we want to flourish in the world we have today, we need to have Internet, we need to have e-mailboxes, and on and on and on."

"Like cigarette smoking," said Smith. "We're not really looking at the impact over the long term, and like smoking it will take us like smoking it doing now. Cigarette smoking is bad for you, whether you smoke one or 100 a day."

He thinks there are other parallels as well.

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There are too many huge computer companies that have a vested interest in keeping computer addiction quiet.

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"It's a matter of recognizing that the same type of people who encouraged people to smoke changed the disease and stated hazards, even as we see now the people that have been employed as the primary industry to get people — at the end of their lives — like being — in constant to disease in a short time."

If you don't have computers, Internet and computer training can be additive, try typing "world of words" into your favorite search engine. See how many hits you get. Start reading.

Smith also said that in some ways computer addiction is similar to drug addiction. "We look at certain drugs and what they do is they put you in a place you like."

He said in some ways computers are more than drug addiction. He deals with young, susceptible, intelligent students, and is appalled at what he sees. "They're looking at these schools, they're looking at these books. It has been a very hard struggle for them. Finally, I deal with every thing from heroin to our modern problems (addiction) and it's quite appalling to me when

you take somebody that actually has clarity of mind and do something like this to them."

"It's much more machine than it is with someone who is drinking alcohol," he said. "and it's stressful for drinking and driving and they suffer mental reaction. They get a strange, but in this case Internet addiction there are none. It's similar to smoking many years ago, when there were no natural reactions."

He says it is a problem that is particularly prevalent in the young and intelligent. "Don't go down to University Plaza unless you want to get scared. You almost walking down the street all playing with their flashlights and they can get to a machine where they can sit down and do their work. Or talking to each other about the race in a coffee shop, talking each other. It doesn't really take a person to think of this in the hands of communication skills, where are we going to be?"

Cecil Kershner, clinical supervisor at Kansas Counseling and Family Services in Killebrew, doesn't see computer addiction as a problem in itself.

"It is often just one aspect of other family problems," he said.

Andrew Cappadona, an instructor at Gonzaga College, suggests that computer addiction in children has caused them to perpetuate a myth, the ability of the younger generation to multitask. That they can proceed to participate in class or work on assignments while still paying to their computers. He doesn't believe in this myth.

"I would seriously challenge that they are doing it to the level of my calculations as some of the mathematical rigor of what they're doing work," he said. "I don't think that they are a very important job and get it done and get it finished in. But when I look at it, I'm always shocked by the superfluity of it, the massiveness of it, the poor examples and then, of course, on the surface, bad spelling, bad punctuation, bad grammar. I only wonder, if they put their minds to this, could they become better thinkers, but are more confused, and could they actually gain a better understanding of what they are doing on our thing?"

So no computer use takes away our technology computer addiction will become more prevalent, particularly because it is less noticeable and less visible. Could this be the first sign of the great technology takeover, as announced by the recently popular technology The Matrix?

DON'T LET THE MOON GET IN YOUR EYES



Photo by COURTESY NASA

The super moon, the largest full moon in more than 38 years, occurred on March 28 when it was at its closest position to Earth. It appeared 24 per cent larger and 30 per cent brighter than the smallest full moons we see.

DON'T LET THE SUN GO DOWN ON ME

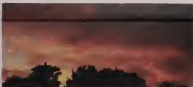


Photo by STEPHEN VAUGHAN

March 20 was the official first day of spring, however, the Vernal Equinox actually occurred on March 21 with daylight exceeding nighttime by one minute. Spring was ushered in with a golden sunset, marked by all the pollens in the air. Time is just breaking and here the start of spring.

DON'T LET THE SUQS STOP FLOWING



Photo by MICHAEL J. HARRIS

It was good for many as students pulled the curtains to celebrate St. Patrick's Day on March 27. New first-year students in the law and security administration and police foundations program are all smiling as they drink their decorated beer. Above are David Neyland, Jamie Barab, Brett Edding and Matten Jones.

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SANCTUARY 12PM - 1PM

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CONESTOGA
STUDENTS INC.

'rare' buildings get makeovers

Renovation technician students put their talents to work

By Thomas Pickett

The second-year renovation technician students are making something old new again, as they begin renovations last week on an old dorm house. Forty students from the program have been hand at work refurbishing the 158-year-old house located near Dean Campus on West Road.

Under the supervision of faculty members, the students did what conditions needed to be done and began the restoration. From removing old plaster, putting up drywall, rebuilding the roof and window frames and reconstructing the old porch, the students have been working diligently at restoring the building.

The foundation and stone base are owned by man, a charitable remains reserves organization dedicated to environmental conservation, restoration and education. Located on 800 acres of land owned by man, the buildings will become dorms here from use for education programming.

"This is going to be the main facilities for hundreds of school kids to come and learn," said Amanda Merrill,

garden co-ordinator for man. "We've got plans for use of here renovations done and we're moving forward."

And though this is a great lesson on learning experience for the students, it will also have great impact on the history of the community as well, since the house itself is one of only four in the house in type of stone built with this in the mid-19th century.

"The project is a highlight of the program for our students," said Doug Lockton, supervisory professor in the School of Trades and Apprenticeship. "We are tremendously grateful to our sponsors for helping to make the project possible. The purpose of this was to give back to the community, that's why we are a nonprofit organization."

The cost of the renovation is estimated at \$200,000, though all supplies were donated, and well, the labour is also free. Donations from sponsors for this year's program included Pearson Home Hardware, Kmart, Home Depot, Windows & Doors, Pioneer Craftsmen, Schaefer Craftsmen and the Stone Place.



Work on dorm house.

Forty second-year renovation technician students work diligently to restore this 158-year-old dorm house on West Road in Cambridge.



Work on dorm house.

Rebuilding a roof and window frames were just part of the restoration completed by the Cambridge students.

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Wellness Week fun and informative

By JEN KARRAS

Health and Wellness Week kicked off on March 14 with a full week of events planned to get students more health conscious. On March 15, general arts and sciences students who are taking the student success course put up displays about different health topics, providing students with valuable information. One display was focused on only one and the students who made the display were asking passersby to play a game with them.

The game was your basic hot ping-pong with a twist. Instead there a ping-pong ball along the table, attempting to make it in one of numerous cups that were set up. The difference was that half the cups had water in them and

the others had water mixed with food coloring. The cups with food coloring were meant to represent a person's 50/50 chance of getting a sexually transmitted infection if they have unprotected sex.

The students also displayed information on a billboard and handout that gave out sexually transmitted infections as well as showing an eye-opening video. Their mascot of the day was Captain Condon (Tim Miesner, a student in the general arts and sciences health science program). "I thought the whole experience was fun and informative, and I'm here."

Other displays included information about being a balanced lifestyle, finding out if you're at a healthy weight, and how to prevent and avoid sexually transmitted diseases.



Photo by Jen Karras

Captain Condon (Tim Miesner) and Go-Gurt mascot in the general arts and sciences program's student success course grab people's attention to promote safe sex during Wellness Week.

Don't drive while intoxicated

By JEN KARRAS

Health and Wellness Week included many different displays and activities created by students taking the student success course.

On March 16 in the gymnasium, one group created a display depicting the horrors of texting while driving.

Passersby were encouraged to attempt to complete a video game on an Wii while looking on their phone at the same time and trying not to crash. The purpose was to show how easy it is for people to stop

paying attention to the road while distracted by their cell phones from.

General arts and sciences student, Driveway Richards created messages and stickers to hand out to students, staff and faculty, reminding every one not to text while operating a vehicle. There was also a person available for students to sign which was a campaign set up by Oprah Winfrey.


"I hope people will try to make a difference to make our roads safer, and will sign Oprah Winfrey's No Phone Zone pledge," said Richards.

LISTEN UP! IF YOU CAN



Photo by Jen Karras

Lisa Townsend and Keenan Smith demonstrate an ear canal check on March 17. The four clinics were performed by hearing instrument specialists, progress students and were part of Wellness Week at the Deen campus. The clinics involved placing a camera inside the ear with the ear canal and drum magnified on a screen.



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
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UNIVERSITY OF MARYLAND
SYSTEM

Help the hungry

Marketing
students issue
food donation
challenge

By NANCY LIVERMAN

Students at Cowlitz College are asked to be extra generous this week.

Christina Green and Cindy Christopoulos, both third-year marketing students, have organized a food drive competition between the various programs at the college for their event plan next week. All donations from this event will go to the 131 food banks that provide food to any Cowlitz student in need.

"It's a great thing that everyone wants to commit to, even if we're just students helping students," said Green. CCI runs a grant center, why is it also helping with this event?

From March 28 until April 1, programs will be divided into five categories and have designated bins placed at Door 1, which is at the top of the stairs by the main entrance. Donations of non-perishable food items can be dropped off anytime.

As this is a fundraising event and many students are involved, winners will not receive a prize but programs will receive recognition for their generosity.

WHICH BIN IS YOURS?

- Bin 1 - School of Business
- Bin 2 - School of Career Academic Access, School of Liberal Studies, School of Media and Design
- Bin 3 - School of Engineering and Information Technology
- Bin 4 - School of Health & Life Sciences and Community Services
- Bin 5 - School of Trades and Apprenticeships

HOLY SMOKES! THAT'S SOME GOOD FOOD



PHOTO BY LINDA ADAMS

Elye Mackenzie, a freshman student in the advanced police studies program and a graduate of police foundations, makes hamburgers and hotdogs at a charity luncheon on March 28. The fundraiser, as well as a dog-eat-dog tournament, was organized by police workers, students and all the money raised went to the Camp Trillium Cancer Foundation for kids.

Dodge for Camp Trillium

By NANCY LIVERMAN

They cooked, Dodge and served for a good reason.

Seventeen teams came out to a dog-eat-dog tournament run by the advanced police studies program to raise money for Camp Trillium, on March 28 at the recreation center.

Camp Trillium is an agency center that works with sick children and their families to allow them to enjoy living life and spending time as a family.

This year was the second time a tournament was held to raise funds for the camp. Last year, the program held a volleyball tournament. This year, along with the canine event, there was a basketball and basketball held to raise more money for the cause.

Students taking part in the tournament could register a team of eight to 15 people, and each had to pay a \$50 registration fee. Along with the funds raised from last year, the students raised \$2,000 to help send kids to camp.

The advanced police studies students felt strongly about going to Trillium, largely due to one of their teachers, Colleen Nelson. She has



PHOTO BY NANCY LIVERMAN

Dan Deane, left to right, Elye Mackenzie and Don Johnston helped out at the fundraiser. The dog-eat-dog tournament that followed had 17 teams take part.

strong ties to the foundation because of her son Danny's fight with cancer and what the organization did for her and her family.

Students involved agreed that it was the right choice to put their efforts toward "It's the best we can do for her," said, Jessica Blodgett.

Jack Foley also commented on the fight against cancer and how a cancer cure is never less. "It's a tough situation," he said.

Nelson was touched by the

effort her students put into supporting the event. "They're amazing people. I told them in high regard."

Nelson had her son Danny in cancer, but not before she and her family got to work with Camp Trillium. "My son got to experience the camp at Trillium... they made him laugh, they made him smile," she said. She also said that thanks to Camp Trillium her family got to feel some peace for a week.

"Danny was a very special

boy," she said. "I was lucky to have known him, lucky to have him and me now."

"I can't thank my students enough for caring for every child in the future that has to make this walk," said Nelson. "Nobody deserves cancer, especially a child."

Dan Deane, one of the organizers of the event, thanked everyone for their efforts.

A dinner will be presented in the organization on April 14.



HOROSCOPE

Week of April 2, 2011



Aries
March 21
April 19

You will be struck by an uncontrollable urge to eat a plastic fork. Needless to say, you should probably consult a physician.



Libra
September 23-
October 23

Libra, this week, you will break free from old paradigms, and truly stand on your own.



Taurus
April 20 - May 20

Taurus, a Leo friend will look to you for guidance this week. Provide him or her with Aquarius's horoscope to help them out, and be a decent friend.



Scorpio
October 23
November 21

Venus and Jupiter will align in your sign this week, giving you ample means to look at Capricorn's horoscope for guidance.



Gemini
May 21 - June 21

Gemini, your sign is astrologically with Scorpio, so feel free to look at theirs and base your decisions on the week off of it.



Sagittarius
November 21
December 21

With mercury in retrograde, and the sun in your fifth house, your horoscope this week is actually identical to Cancer's. Imagine that?



Cancer
June 22 - July 22

When the moon enters your sign on Tuesday, you'll find that your day goes exactly like your Pisces friends.



Capricorn
December 22 -
January 19

Look out, Capricorn! Your week will be somewhat messy, but you can escape this mess by looking at Leo's horoscope and leaving your decisions off of that.



Leo
July 23 - August 23

Leo, this week you should look to friends for guidance. A Taurus in your life will be able to provide you with the guidance you need. Start by looking at their horoscope.



Aquarius
January 20 -
February 18

Hello, Aquarius! Be sure to keep an eye on my Sagittarius's chart to you as they may be chilly. Take a look at their horoscope to see why.



Virgo
August 23 -
September 23

Congratulations! Your horoscope this week is extremely identical to a usually like Gemini's.



Pisces
February 19 -
March 20

The next time that we combine the solar system is interrupting your normal star sign power. See Virgo for this week's horoscope.

No chastity belt, no degree



Jessica Lynn
Tobin
Opinion

sexualized sex with his girlfriend. This decision will affect BYU's chance of winning the National Collegiate Athletic Association (NCAA) March Madness tournament, currently underway. It's obvious that Tanner was fully aware of the institution's rules before he made his choice and he knew the consequences, but I think it's unfair to implement rules like this. There should be a separation between church and state.

A student's sex life and his college education should be a student's business, but his sex. And to be kicked down again for being immature, something that is so natural, is appalling.

I understand that people are aware of the honor code before they apply to the school, but how many people in attendance previously agree with the code or are being forced to be there by their parents? This takes away some human rights. I am sympathetic toward Tanner and his family, friends and fans, as I'm sure all of them were looking forward to watching him during March Madness. Let's hope BYU changes its policies to the next future, thus ending the 21st century.

Hall Pass suits male audience

By MATTHEW MILLARDO

Movie Review



disappointed with their movie, as given a full week hall pass leaving Owen Wilson as Kirk and Jason Sudeik as Fred, the guys attempt to run away with their sexual desires without guilt.

After messing with pot, leeches and explosive diarrhea, the guys discover that their goal is not as up to speed as it was 20 years ago. The two friends begin to

realize that the freedom of choosing on their terms is harder than being in a committed relationship. They ultimately learn that the hell they're in is falling on as they thought it'd be. Coming to terms with this reality, they realize no women could compare to their wives. During the film, there is obvious sexual tension between the two men and how much they view the female gender.

The moral of the story is to never take what you have for granted, because you could lose what you have at any possible moment. The other actors only learn this after their wedding hall pass journey. I give this movie three out of five stars.

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or online at www.studentlife.org/orientation

Student Life
LIFE



Paul Irvine carefully examines the stars and then agrees them for your assessment.

Potholes creating headaches for motorists

By NARA BIRDA

They're everywhere, blind me into the century and creating havoc on unsuspecting drivers. They're potholes and they're attacking Kalamazoo and Westland streets this spring like angry spray tans have attacked the female population.

These icy rains, surface softening centers are created when moisture finds its way into cracks in the roadway. The liquid then freezes and expands which creates a new hole or expands an existing one. The number and size of potholes increases with the number of times the roads freeze and thaw.

Drivers are being forced to weave around these annoying man-made pits. "They are all over," said Salomon May, a first-year bachelor of applied human services - community and criminal justice student. "And when you weave to

avoid one, you hit another."

In Kalamazoo, 48 pothole claims have been filed with the City of Kalamazoo so far in 2001. In 2000 there were only six claims. Most are for lost tires and suspension system replacements.

A road without a pothole is a rare sight this spring and depending on the size of the hole, the cost of repairing any one of them can be damaging to your vehicle. Tires, rims, suspension and steering can all be damaged by potholes. In a recent article in the Westland Beacon Record, Scott Henry, Kalamazoo's road maintenance manager, said, "We're getting your typical average pothole report on sight now. We're getting a substantial amount of reports on it."

Road crews have been busy filling up potholes around the city. The article goes on to say that due to the volume of traffic and the constant hammering the roads are receiv-

ing, the new tar pour will before it has time to settle.

If you spot a pothole contact the City of Kalamazoo at 261-7413434, and let them know the street it is located on, any cross streets, which have potholes or could be on the way to the address of buildings it may be in front of. If your vehicle has received a substantial amount of damage due to a pothole you can file a claim with the City of Kalamazoo.

The best way to avoid damage your vehicle is to leave space between your car and the one in front of you in order to spot a pothole before it is too late. Also remember to watch for other drivers when you weave around a hole.

GAA says, "It's impossible to avoid them (potholes) sometimes so just keep your steering wheel straight and avoid braking. Braking potholes the cars might enter the front two lanes which can increase the severity of the damage."



PHOTO BY NARA BIRDA

Potholes, such as this one, are covering Westland Region and other streets this spring. The freezing and thawing created cracks to expand to bigger holes.

Fashion show brings 'AWEARNESS'

By ROBERT COHEN

Designers aimed may-changing who programs will be showcasing student designs in the AWEARNESS Runway Performance. The show will feature student designs that represent world issues as well as European

and designer fashions from Charlotte, Michigan to Charlottesville and new modeling from stylists from Field's Village in Charlottesville.

Tickets cost \$25 and can be purchased from students in the program or at Convention Home Interiors where the event will be held

from 7 to 9 p.m. Tickets can also be purchased from Charlotte Interiors at 88 N. Main St. N.

For more information contact Stephen O'Hearne at 569-2300 or stephen.ohearne@charlotteinteriors.com or Brian Hynes at 410-220-0011 at hynesclothing.com.

Expect respect

By LISA BAKER

Coursework is building respect with unity, respect and workshops during the second annual Respect Week. Running through to Friday, the week features a different theme every day, with activities to explore the concept of respect.

"(The week is about) helping to reinforce the community we have here at the college," said Ryan Connell, a Student Life programmer.

With approximately 50 volunteers, the week is run by the Respect Student Committee. Each activity runs from 11 a.m. to 3 p.m.

Today is Rumble Day where students are reminded how much of an impact a simple smile can make.

Other weekly activities with Walk a Mile Day on Tuesday. Through activities such as having students in a wheel chair and time helping students will explore some of the challenges other students may face. There are also challenges such as exploring sexuality being a single mother and

having a physical disability. For Connell, this is his favorite day.

"I like the idea of pushing people's awareness a little bit further and hopefully opening up their eyes," he said.

Wednesday is Difference Day. The day will explore the cultural differences when it comes to showing respect, such as body language.

Thursday's Random Day will feature thank you card contests, where students can write and deliver thank you cards to other students or faculty. It will also have a coloring station, with books and crayons.

And the week will end with Guess Day, with games such as Who Wants To Be A Millionaire and Jeopardy.

With games, tests and prizes are just around the corner the committee wanted to ensure that students have fun that strengthen all the values, positivity and drive, the week organizers are still there.

"The idea is to reinforce the message of the Respect Campaign," said Connell.

GO FOR A WEEKEND DRIVE TO SEE A CASTLE



PHOTO BY DANIEL BIRDA

Just the going for is a drive this weekend? Castle Kalamazoo, located less than 100 minutes west of Kalamazoo in Boston, is open Saturdays and Sundays from 9-4 p.m. The "castle" was the former home of industrialist John D. Lathrop and is now a museum and national historic site. Admission is \$5.00 with students \$2.

Bookstore closed March 31

By JENNIFER COOPER

The Dean campus bookstore will be closed so staff can coordinate an Spring inventory on March 31.

The store will reopen April 1 at 8 a.m.

"We have a lot of stock so to

avoid having to take the whole day to do it," said bookstore general merchandise and purchase representative Quinn Babinovich.

The Waterline and Graph campus bookstores will also be closed March 31 and reopen April 1.

BLACK OUT

PUB: NIGHT

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